



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE RSVP TO RESERVE A SPOT IN THESE GREAT PROGRAMS</p> <p>*PROGRAMS MARKED WITH * ARE IN PERSON AND ZOOM (HYBRID).</p>	<p>JOIN THE WALKING CHALLENGE TODAY!</p> <p>SAVE THE DATE! SENIOR & CAREGIVER EXPO FRIDAY, OCTOBER 13TH</p>	<p>See our newsletter for a full list of programs and descriptions, available on our website: www.WadsworthCity.com/SopremaSeniorCenter</p>		<p>Walking Challenge <u>1</u> Kick Off 10:00 Claire's Crafty Friends 12:00 Make Me H.H. (Zoom) 12:00 Walking Track 12:00 - 2:00 Genealogy - by RSVP 2:00</p>
<p>Center & Café Closed for Holiday <u>4</u></p> 	<p>Walking Track 9:00 - 11:00 <u>5</u> Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 General Caregivers* 12:15</p>	<p>Gentle Exercise 10:00 <u>6</u> Chess 11:00 Beginner Sign Lang. 11:30 Walking Track 12:00 - 2:00 Baseball Watch Party 1:00 Dominoes & Games 1:00 Blind Truth 1:00</p>	<p>Walking Track 9:00 - 11:00 <u>7</u> Mah Jong 9:30 Sewing Seniors 9:30 Guided Autobiography 9:30 Bridge 11:00 Alzheimer's Caregivers* 1:00 Grief Recovery Class 1:00 Hand and Foot 1:00</p>	<p>Bingo 10:00 <u>8</u> Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy - by RSVP 2:00</p>
<p><u>11</u></p> <p>A Matter of Balance 10:00 Pinochle 10:00 Walking Track 12:00 - 2:00 Bunco 1:00 Movie at Wads. Library 1:00 Medicare 101 Hybrid* 3:00</p>	<p><u>12</u></p> <p>Line Dancing 9:00 Walking Track 9:00 - 11:00 Crafts/Puzzles w/ Windfall 10:00 Coupon Clippers 10:30 Table Talk with Dr. Patel* 12:00 Euchre 1:00 Tech Class - Facebook 2:00</p>	<p><u>13</u></p> <p>Summa Health Chat* 10:00 Gentle Exercise <u>11:00</u> Chess 11:00 Beginner Sign Lang. 11:30 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Aging Gracefully w/ Brookdale* 2:00 Storytime w/ Wade (Zoom) 3:30</p>	<p><u>14</u></p> <p>Walking Track 9:00 - 11:00 Mah Jong 9:30 Bible Study 10:00 Guided Autobiography 9:30 Bridge 11:00 Seniors w/ Srs Lunchn 11:00 Grief Recovery Class 1:00 Hand and Foot 1:00 Wadsworth Library Fun 1:00</p>	<p><u>15</u></p> <p>Fall Festival & Talent Show 12:00</p>  <p>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy - by RSVP 2:00</p>
<p><u>18</u></p> <p>A Matter of Balance 10:00 Pinochle 10:00 Walking Track 12:00 - 2:00 Sept. Birthday Party 1:00 Local Author Talk 2:00</p>	<p><u>19</u></p> <p>Walking Track 9:00 - 11:00 Watercolor 10:00 Coupon Clippers 10:30 Blood Press. Checks 12:00 Euchre 1:00 Parkinson's Support* 12:15 Dr. Dan Health Chat 2:30</p>	<p><u>20</u></p> <p>Gentle Exercise 10:00 Chess 11:00 Beginner Sign Lang. 11:30 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Healthy Living w/Humana* 1:00</p>	<p><u>21</u></p> <p>Walking Track 9:00 - 11:00 Mah Jong 9:30 Sewing Seniors 9:30 Guided Autobiography 9:30 Bridge 11:00 Grief Recovery Class 1:00 Hand and Foot 1:00 Virtual Bingo (Zoom) 1:00 County Assistance-by appt 2:00</p>	<p><u>22</u></p> <p>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy - by RSVP 2:00</p> <p>Soprema Café open today for Lunch only.</p>
<p><u>25</u></p> <p>A Matter of Balance 10:00 Pinochle 10:00 Tech Café w/ MCBDD 11:30 Walking Track 12:00 - 2:00 Bunco 1:00 Paper Crafting 101 1:00 Stop the BLEED® 1:30</p>	<p><u>26</u></p> <p>Line Dancing 9:00 Walking Track 9:00 - 11:00 Coupon Clippers 10:30 Garden Chat* 11:00 Euchre 1:00 Tech Tuesday 2:00 - 4:00 Cooking w/ Bev 2:30</p>	<p><u>27</u></p> <p>Gentle Exercise 10:00 Chess 11:00 Beginner Sign Lang. 11:30 Walking Track 12:00 - 2:00 Dominoes & Games 1:00 Financial Wellness 2:00</p>	<p><u>28</u></p> <p>Walking Track 9:00 - 11:00 Mah Jong 9:30 Bible Study 10:00 Guided Autobiography 9:30 Bridge 11:00 Poetry Open Mic 12:00 Grief Recovery Class 1:00 Hand and Foot 1:00 Senior Book Chat 1:00 Grief Support 3:00</p>	<p><u>29</u></p> <p>Bingo 10:00 Make Me H.H. (Zoom) 12:00 Claire's Crafty Friends 12:00 Walking Track 12:00 - 2:00 Genealogy - by RSVP 2:00 Energy Efficiency & Utility Assistance 2:00</p>